

*Gentle
Thoughts
After Loss*

Carol Hamblet Adams

Illustrated by *Bobbie Wilkinson*



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Dedication

To God, for blessing me so abundantly and for His inspiration and guidance on this project. To my incredibly special children, Kristin, Kevin, and Todd, who have always stood by me during good times as well as difficult times, and who supported both Steve and me with their faith, love, and constant encouragement during his illness. I am the luckiest mom in the world. To my children's spouses, Mike, Amanda, and Maura, and to my remarkable grandchildren, Rogers, Eamon, Oliver, Oscar, Stephen, and Stella, for adding so much joy to my life. I love you all.





*“My soul is weary with sorrow;
strengthen me according to your word.”*

PSALM 119:28

My beloved husband, Steve, lived courageously with multiple sclerosis for most of our married life. He died from lymphoma shortly after our thirty-seventh wedding anniversary. I can see now how Jesus was with me every step of the way. Through the darkest of times, Jesus stood patiently by—comforting me, supporting me, and surrounding me with His grace and His love.

After Steve died, I read every book on grief that I could find. Oftentimes, the books were long and difficult to read. I needed a book that was very simple and easy to understand. I needed gentle, peaceful, encouraging words to help me find hope again.

And so I have written *Gentle Thoughts After Loss*—thoughts that have taken me years to learn myself; thoughts I still need to read and reread.

Maybe your loss was a loved one, your health, your job, your security, your freedom, or your spirit. Whatever it was, I promise Jesus is right there with you today, holding your hand and seeing you through.

May these simple words bring peace and comfort to you in some small way and help you know you are not alone.

Please be assured of my deepest prayers as you journey through your loss.

Blessings and love,

Carol





*I will get
through this with
God's help.*

No matter what happens to me today,
God is with me and will help see me through.
I am not alone.



*“Do not be afraid; do not be discouraged, for the
LORD your God will be with you wherever you go.”*

JOSHUA 1:9



*I will be gentle
with myself.*



I will only do what I am comfortable doing
and what I have the energy for.



*“Take My yoke upon you and learn from Me,
for I am gentle and humble in heart, and
you will find rest for your souls.”*

MATTHEW 11:29 NKJV



*I am stronger
than I think.*


I thank God for the great strength it takes
to simply be, even when I hurt so deeply
there seems to be nothing left of me.



"I can do all this through him who gives me strength."

PHILIPPIANS 4:13





*I will make
major decisions
later.*



In time, with God's help,
I will know what to do and when.



"Show me Your ways, O LORD, teach me Your paths."

PSALM 25:4 NKJV